

CLAIMS

[c01] A torso harness, comprising:

a segment of elastic cordage having a first end and a second end;
means for securing the first end to a support device in a utility pole; and
means for securing the second end to a technician's safety belt,

wherein the segment of elastic cordage stretches to decelerate the technician
during a fall from the utility pole.

[c02] A torso harness according to claim 1, further comprising a technician indicia attached to
the torso harness, the technician indicia associated with information related to the
technician to whom the torso harness is issued.

[c03] A torso harness according to claim 2, wherein the technician indicia comprises a name of
the technician.

[c04] A torso harness according to claim 2, wherein the technician indicia comprises a central
office to which the technician is assigned.

[c05] A torso harness according to claim 2, wherein the technician indicia comprises a work
group to which the technician is assigned.

[c06] A torso harness according to claim 2, wherein the technician indicia comprises a turf to
which the technician is assigned.

[c07] A torso harness according to claim 2, wherein the technician indicia comprises a work
group to which the technician is assigned.

- [c08] A torso harness according to claim 2, wherein the technician indicia comprises a date the torso harness was assigned to the technician.
- [c09] A torso harness according to claim 1, further comprising an indicator attached to the segment of elastic cordage, the indicator tearing when the segment of elastic cordage stretches during the fall from the utility pole.
- [c10] A torso harness according to claim 11, wherein the indicator includes a dye that stains the torso harness.
- [c11] A torso harness according to claim 1, wherein the segment of elastic cordage has a length not exceeding about three feet.
- [c12] A torso harness according to claim 1, further comprising a length adjuster that lengthens and shortens the segment of elastic cordage.
- [c13] A torso harness according to claim 12, wherein the length adjuster comprises a body having at least one channel, the segment of elastic cordage inserting into the at least one channel and creating a loop that can lengthen or shorten the segment of elastic cordage.
- [c14] A torso harness according to claim 13, wherein the at least one channel has a serrated surface to grip the segment of elastic cordage.
- [c15] A torso harness according to claim 1, further comprising:
 - a length adjuster that lengthens and shortens an effective length of the torso harness, the length adjuster comprising a body having a first channel and a second channel, the first channel and the second channel each having a bottom surface with arcuately-shaped side surfaces upwardly extending from the bottom surface, the first channel and the second channel each having an open top for insertion of the segment of

elastic cordage, the first channel and the second channel each having a serrated inner surface to grip the segment of elastic cordage,

wherein the segment of elastic cordage inserts into the first channel, forms a loop, and then inserts into the second channel, thus allowing the loop to lengthen or to shorten the effective length of the torso harness.

[c16] A method, comprising:

donning a technician's safety belt;
ascending a utility pole to a desired height;

securing a torso harness between the technician's safety belt and a support device in the utility pole, the torso harness comprising a segment of elastic cordage having a first end and a second end, means for securing the first end to the support device in the utility pole, and means for securing the second end to the technician's safety belt,

wherein the torso harness stretches to decelerate the technician during a fall from the utility pole.